



U. S. Navy Aeromedical Reference and Waiver Guide

April 19, 2016

INDEX

1.0	AVIATION PRISICAL STANDARDS
1.1	Introduction
1.2	General Requirements
1.3	Purpose of this Guide
1.4	Classes of Aviation Personnel
1.5	Class I Standards
1.6	Student Naval Aviator Applicant (SNA) Standards
1.7	Designated Naval Flight Officer (NFO) Standards
1.8	Applicant Student Naval Flight Officer Standards
1.9	Designated Standards for:
	Naval Flight Surgeon
	Naval Aeromedical Physician Assistant
	Naval Aerospace Physiologist
	Naval Aerospace Experimental Psychologist
	Naval Aerospace Optometrist
1.10	Applicant Standards for:
	Naval Flight Surgeon
	Naval Aeromedical Physician Assistant
	Naval Aerospace Physiologist
	Naval Aerospace Experimental Psychologist
	Naval Aerospace Optometrist
1.11	Designated and Applicant Naval Aircrew (Fixed-Wing) Standards
1.12	Designated and Applicant Naval Aircrew (Rotary-Wing) Standards
1.13	Designated and Applicant Aerospace Physiology Technician Standards
1.14	Class III Personnel Non-disqualifying Conditions
1.15	Designated and Applicant Air Traffic Controller Standards
0	Military and Department of the Navy Civilians
1.16	Critical Flight Deck Operators Standards
0	Director, Spotter, Checker
	Non-Pilot Landing Safety Operator
	Helicopter Control Officer
	Other Personnel Designated by the Unit Commander
1.17	Non-Critical Flight Deck Personnel Standards
1.18	Personnel who Maintain Aviator Night Vision Systems Standards
1.19	Selected Passengers, Project Specialists, Other Personnel
1.20	Naval Aviation Water Survival Training Instructors (NAWSTI) and Rescue Swimmer School
1.20	Training Programs Standards
1.21	Class IV Personnel: Applicant Active Duty and DON/DOD-GS Unmanned Aircraft Systems (UAS)
1.21	Operator Standards [Air Vehicle Operators (AVO), Sensor Operators (SO), Mission Payload
	Operators (MPO) and Unmanned Aircraft Systems Commanders (UAC)]
1.22	Applicant Checklist
1.23	Designated Checklist
1.23	Designated Checklist
2.0	WAIVERS FOR PHYSICAL STANDARDS
2.1	Introduction
2.2	General Requirements
2.3	Granting Authority
2.4	Requesting Authority

Routing of Waiver Requests
Waiver Submission Requirements

Waiver Continuation

Aeromedical Clearance

2.4

2.5 2.6

2.7 2.8

- 2.9 Local Board of Flight Surgeons
- 2.10 Special Board of Flight Surgeons
- 2.11 Senior Board of Flight Surgeons
- 2.12 Aeromedical Summary
- 2.13 How to Submit a Waiver Request
- 2.14 How to Check on the Status of a Waiver Request

3.0 CARDIOLOGY

- 3.1 Aortic Insufficiency
- 3.2 Aortic Stenosis
- 3.3 Mitral Regurgitation
- 3.4 Mitral Stenosis
- 3.5 Mitral Valve Prolapse
- 3.6 Valvular Conditions (Other)
- 3.7 Arrhythmias (PAC/PVC/Other)
- 3.8 Atrial Fibrillation (AFIB)
- 3.9 Atrial Flutter (AF)
- 3.10 Atrial Septal Defects (ASD)/Patent Foramen Ovale
- 3.11 Atrioventricular Conduction Disturbances
- 3.12 Coronary Artery Disease (CAD)
- 3.13 Hyperlipidemia
- 3.14 Hypertension
- 3.15 Hypertrophic Cardiomyopathy
- 3.16 Intraventricular Conduction Abnormalities
- 3.17 Left Ventricular Hypertrophy
- 3.18 Pericarditis
- 3.19 Pre-Excitation Syndromes
- 3.20 Sinus Bradycardia
- 3.21 Sinus Tachycardia
- 3.22 Supraventricular Tachycardia
- 3.23 Thrombophilia/Venous Thrombosis/Pulmonary Embolism
- 3.24 Ventricular Tachycardia
- 3.25 Raynaud's Phenomenon
- 3.26 Prolonged QT Interval and Long QT Syndrome

4.0 DERMATOLOGY

- 4.1 Acne
- 4.2 Dermatitis
- 4.3 Dermatophytosis of the Nail
- 4.4 Psoriasis

5.0 ENDOCRINOLOGY

- 5.1 Diabetes Mellitus
- 5.1.1 Dysglycemia
- 5.2 Gout
- 5.3 Hyperthyroidism
- 5.4 Hypothyroidism
- 5.5 Male Hypogonadism
- 5.6 Pituitary Tumors

6.0 EAR NOSE AND THROAT

- 6.1 Allergic/Vasomotor Rhinitis Allergic Rhinitis Worksheet
- 6.2 Chronic Sinusitis, Sinus Surgery
- 6.3 Nasal/Sinus Polyps

- 6.4 Disorders of the Salivary Glands
- 6.5 Hearing Loss/Stapedectomy (or Stapedotomy)
- 6.6 Meniere's Disease/Vertigo
- 6.7 Cholesteatoma
- 6.8 Vestibular Schwannoma/Acoustic Neuroma
- 6.9 Oval/Round Window Fistula
- 6.10 Surgical Procedures that do not require a Waiver

7.0 GASTROENTEROLOGY

- 7.1 Eosinophilic Esophagitis (EoE)/PPI-Responsive Esophageal Eosinophilia (PPI-Ree)
- 7.2 Crohn's Disease
- 7.3 Diverticular Disease (Diverticulitis)
- 7.4 Cholelithiasis and Cholecystitis
- 7.5 Gastritis, Duodenitis
- 7.6 Gilbert's Syndrome
- 7.7 Viral Hepatitis
- 7.8 Irritable Bowel Syndrome
- 7.9 Peptic Ulcer Disease
- 7.10 Gastroesophageal Reflux Disease (GERD) & Hiatal Hernia
- 7.11 Ulcerative Colitis

8.0 HEMATOLOGY

- 8.1 Anemia
- 8.2 Hemochromatosis
- 8.3 Sickle Cell Disease/Trait
- 8.4 Splenectomy
- 8.5 Thalassemias

9.0 MALIGNANCIES

- 9.1 General Information
- 9.2 Bladder Cancer
- 9.3 Breast Cancer
- 9.4 Cervical Cancer
- 9.5 Colorectal Carcinoma
- 9.6 Other Gastrointestinal Tumors
- 9.7 Hodgkin's Disease
- 9.8 Kidney Tumors
- 9.9 Laryngeal Cancer
- 9.10 Leukemia
- 9.11 Lung Cancer
- 9.12 Malignant Melanoma
- 9.13 Neurological Tumors
- 9.14 Non-Hodgkins Lymphoma
- 9.15 Oral Cavity Cancer
- 9.16 Ovarian Tumors
- 9.17 Pituitary Tumors
- 9.18 Plasma Cell Dyscrasias
- 9.19 Prostate Cancer
- 9.20 Skin Cancer (Non-Melanoma)
- 9.21 Testicular Tumors
- 9.22 Thyroid Carcinoma
- 9.23 Uterine Cancer

10.0 NEUROLOGY

10.1 Cranial Neuralgia

- 10.2 Decompression Sickness
- 10.3 Epilepsy/Seizure
- 10.4 Guillain-Barre Syndrome (Acute Inflammatory Demyelinating Polyneuropathy AIDP)
- 10.5 Headaches and Migraine (including Headache Algorithm)
- 10.6 Multiple Sclerosis
- 10.7 Peripheral Neuropathy
- 10.8 Subarachnoid Hemorrhage (SAH)
- 10.9 Syncope
- 10.10 Sleep Disorders
- 10.11 Obstructive Sleep Apnea
- 10.12 Transient Ischemic Attack (TIA)
- 10.13 Traumatic Brain Injury Minor
- 10.14 Traumatic Brain Injury Mild
- 10.15 Traumatic Brain Injury Moderate
- 10.16 Traumatic Brain Injury Severe
- 10.17 Traumatic Brain Injury Permanently Disqualified
- 10.18 Summary: Aeromedical Disposition of Traumatic Brain Injuries

11.0 OBSTETRICS AND GYNECOLOGY

- 11.1 Chronic Pelvic Pain
- 11.2 Dysplasia (Revised June 2014)
- 11.3 Endometriosis
- 11.4 Hormonal Replacement Therapy and Contraception
- 11.5 Pelvic Inflammatory Disease
- 11.6 Pregnancy

12.0 OPHTHALMOLOGY

- 12.1 Cataract
- 12.2 Color Vision Abnormalities
- 12.3 Decreased Visual Acuity
- 12.4 Defective Depth Perception
- 12.5 History of Strabismus Surgery
- 12.6 Excessive Phorias
- 12.7 Retinal Detachment
- 12.8 Glaucoma and Ocular Hypertension
- 12.9 Keratoconus
- 12.10 Optic Disc Drusen
- 12.11 Retinal Vascular Occlusion
- 12.12 Uveitis
- 12.13 Pterygium
- 12.14 Ocular Motility Worksheet
- 12.15 Corneal Refractive Surgery (PRK/LASIK)
- 12.15A LASIK in Designated Aviators Study
- 12.15B LASIK in Student Aviators Study
- 12.16 Naval Aviation Contact Lens Policy
- 12.17 Allergic Conjunctivitis
- 12.18 Central Serous Retinopathy
- 12.19 Pigment Dispersion Syndrome
- 12.20 Peripheral Retinal Degeneration and Retinal Hole

13.0 ORTHOPEDICS

- 13.1 Abnormal Spinal Curvature
- 13.2 Ankylosing Spondylitis
- 13.3 Chronic Backache
- 13.4 Intervertebral Disc Disease

- 13.5.1 Knees: Ligament
- 13.5.2 Knees: Meniscal Injuries
- 13.6 Orthopedic Hardware, Retained
- 13.7 Shoulder Dislocation
- 13.8 Spinal Fractures
- 13.9 Spondylolysis
- 13.10 Spondyloisthesis

14.0 PSYCHIATRY

- 14.1 Neurodevelopmental Disorders (e.g., Specific Learning Disorder, Attention Deficit/Hyperactivity Disorder)
- 14.2 Schizophrenia Spectrum and Other Psychotic Disorders
- 14.3 Bipolar and Related Disorders
- 14.4 Depressive Disorders
- 14.5 Anxiety Disorders
- 14.6 Obsessive-Compulsive Disorder and Related Disorders
- 14.7 Trauma- and Stressor-Related Disorders
- 14.8 Somatic Symptom and Related Disorders
- 14.9 Feeding and Eating Disorders
- 14.10 Sleep/Wake Disorders
- 14.11 Sexual Dysfunctions and Paraphilias
- 14.12 Disruptive, Impulse-Control, and Conduct Disorders
- 14.13 Substance-Related and Addictive Disorders
- 14.14 Personality Disorders
- 14.15 Other Conditions That May Be a Focus of Clinical Attention

15.0 RESPIRATORY

- 15.1 Asthma
- 15.2 Chronic Obstructive Pulmonary Disease
- 15.3 Pneumothorax
- 15.4 Sarcoidosis

16.0 UROLOGY

- 16.1 Congenital Abnormalities of the Kidneys
- 16.2 Hematuria
- 16.3 Prostatitis
- 16.4 Benign Prostatic Hypertrophy
- 16.5 Reiter's Disease
- 16.6 Renal Stones
- 16.7 Proteinuria

17.0 MISCELLANEOUS CONDITIONS

- 17.1 Allergic Reactions to Insects
- 17.2 Breast Implants and Surgery
- 17.3 Heat Exhaustion/Stroke
- 17.3A Rhabdomyolysis
- 17.4 Human Immunodeficiency Virus (HIV) Infection
- 17.4.1 Truvada® Pre-exposure Prophylaxis (PREP) to Prevent HIV Infection
- 17.5 Lyme Disease
- 17.6 Motion Sickness/Air Sickness
- 17.7 Bone Marrow Donation
- 17.8 Malaria
- 17.9 Urticaria, Angioedema & Anaphylasis
- 17.10 Reactive Arthritis, Conjunctivitis, Urethritis

18.0 MEDICATIONS

18.1 NATOPS on Medication

18.2 Anti-Microbial

Anti-Bacterials

Anti-malarials

Fluoroquinolones

Macrolides

Penicillins

Sulfonamides

Tetracyclines

Anti Fungal medications

Grisofulvin

Itraconazole (Sporanox)

Terbinafine (Lamisil)

Anti-Viral Medications

Acyclovir, Valacyclovir

Oseltamivir (Tamiflu),

Zanamivir (Relenza)

18.3 Anti-Hyperlipidemics

Ezetemibia (zetia)

Fibric Acids

Fenofibrate (tricor); Gemfibrozil (lopid)

Niacin

Resins

Cholestyramine

Statins

Pravastatin

Simvastatin

Lovastatin

Atorvastatin

18.4 Anti-Hypertensives

AČE Inhibitors

Angiotensin Receptor Blockers

Anti-Adrenergic Agents

Doxazosin

Prazosin

Beta Blockers

Calcium Channel Blockers

Amilodipine

Nifedipine

Combination Agents

Thiazide Diuretics

Hydrochlorthiazide

18.5 Immunizations

Vaccine Adverse Event Reporting System (VAERS)

Anthrax, Cholera, Diphtheria-tetanus, Hepatitis A/B

Influenza (injectable, Flumist)

Japanese Encephalitis, Measles/Mumps/Rubella (MMR)

Meningococcal, Plague, Pneumovax (PPV23)

Polio, Small Pox, Typhoid/Oral Typhoid

Yellow Fever

18.6 Miscellaneous Medications

Allopurinol

Antihistamine (Sedating, Non-Sedating)

Clomiphene

Contraceptives

Decongestants

Finesteride

H2 Blockers

Inhaled Steroids

Isoretinoin

Levothyroxine

Lindane

Mesalamine

Minoxidil

Nedocromil

Nasal Steroids

Nicroette Gum, Nicotine Trandermal System

Non-Steroidal Anti-Inflammatory Drugs

Phosphodiesterase Inhibitors

Probenicid

Proton Pump Inhibitors

Sucralfate

Sulfasalazine

Tamoxifen

Topical Compounds

19.0 NUTRITIONAL AND ERGOGENIC SUPPLEMENTS

- 19.1 Aircrew Guidance and Policy
- 19.2 General Dietary Supplementation Guidelines
- 19.3 Flight Surgeon, Aviation Medical Examiner and Aeromedical Physician Assistant Responsibilities
- 19.4 Dietary Supplement Policy
- 19.5 Class C Supplement List by Effect
- 19.6 General Guidance for newly Developed Dietary Substances
- 19.7 Additional Resources
- 19.8 Printed Resources